

August 2016



Mansfield Community Center

Family, Fitness & Fun!

	SUN	MON	TUE	WED	THU	FRI	SAT
5:30am	CLOSED	OPEN (Full Gym) 5:30-9A	Boot Camp 5:30-6:30A	OPEN (Full Gym) 5:30 - 8:15A	Boot Camp 5:30-6:30A	OPEN 5:30 - 7:15A 40+ BB (Full Gym) 7:15 - 9:15A	CLOSED
6:00am							
7:00am							
7:30am							
8:00am	OPEN (Full Gym) 8-10A	TRX 9-9:30A (1/2 Gym) (Open 1/2 Gym) 9A-12P	40+ BB (Full Gym) 7:15 - 9:15A	Kettlebells 1/2(8:15-9:30A) (Open 1/2 Gym) 8:30A-12P	OPEN (Full Gym) 6:30 - 9:30A	OPEN (Full Gym) 6:30-8:30A	
8:30am							
9:00am							
9:30am							
10:00am	OPEN 10-11A (Full Gym)	TOT (1/2 Gym) 9:30A - 12P	Pickleball 9:30A - 12P Drop In (Full Gym)	TOT (1/2 Gym) 9:30A - 12P	Pickleball 9:30A - 12P Drop In (Full Gym)	TOT (1/2 Gym) 9:30A - 12P	OPEN (Full Gym) 8:30A-12P
10:30am							
11:00am							
11:30am							
12:00pm	Family (Full Gym) 12-2P	Kettlebells 1/2(12:15-12:45P) (Full Gym) 1-6P	MCC PUMP 1/2(12:15-12:45P) (Full Gym) 1-2:30P	OPEN (Full Gym) 12-6P	OPEN (Full Gym) 12-2:30P	OPEN (Full Gym) 12-6P	OPEN (Full Gym) 12-4P
12:30pm							
1:00pm							
1:30pm							
2:00pm	OPEN (Full Gym) 2-6P	Family Gym (1/2 Gym) 6-7P	HS/MS OPEN (1/2 Gym) 2:30-5P	OPEN (Full Gym) 12-6P	HS/MS OPEN (1/2 Gym) 2:30-5P	OPEN (Full Gym) 12-6P	Family (Full Gym) 4-6P
2:30pm							
3:00pm							
3:30pm							
4:00pm	Futsal (Soccer) (Full Gym) 6:00 - 7:55P	Cardio Kickboxing 6:15-7:30P Adult Bball (Full Gym) 7:30 - 8:55P	Futsal (Soccer) (Full Gym) 7:30 - 8:55P	Family Gym (1/2 Gym) 6-7:30P	Open (Full Gym) 5-7:30P	Family Gym (1/2 Gym) 6-7P	Family (Full Gym) 4-6P
4:30pm							
5:00pm							
5:30pm							
6:00pm	Futsal (Soccer) (Full Gym) 6:00 - 7:55P	Cardio Kickboxing 6:15-7:30P Adult Bball (Full Gym) 7:30 - 8:55P	Futsal (Soccer) (Full Gym) 7:30 - 8:55P	OPEN (1/2 Gym) 6-7:30	Open (Full Gym) 5-7:30P	OPEN (1/2 Gym) 6-7P	OPEN (Full Gym) 6- 7:55P
6:30pm							
7:00pm							
7:30pm							
8:00pm	FACILITY	FACILITY CLOSING AT 9:00P MONDAY - FRIDAY	FACILITY CLOSING AT 9:00P MONDAY - FRIDAY	FACILITY CLOSING AT 9:00P MONDAY - FRIDAY	FACILITY CLOSING AT 9:00P MONDAY - FRIDAY	FACILITY CLOSING AT 9:00P MONDAY - FRIDAY	FACILITY CLOSING AT 9:00P MONDAY - FRIDAY
8:30pm							
9:00pm							

Key and Descriptions

OPEN = Open Gym (for all ages)

TOT = Tots and Parent Open Gym (FREE for Members)

ASF = After School Friends Pre-registered Program

HS/MS OPEN = High School and Middle School Open Gym

FG = Family Gym (Parent/Guardian with child(ren) only).

Futsal =Soccer Alternative Drop In Program 16+

Adult Open Basketball 18+ and out of HS

40+BB = 40 years of age and older ONLY Basketball

MCC PUMP = Pre-registered Fitness Class

KETTLEBELLS = Pre-registered Fitness Class

WORK the CIRCUIT = Pre-registered Fitness Class

BOOTCAMP = Pre-registered Fitness Class

TRX = Pre-registered Fitness class

Instr. Choice = Pre-registered Fitness Class

Tumbling, Ages 3-5

***When 1/2 Gym is reserved/scheduled

the other 1/2 is Open Gym***

MCC reserves the right to alter this schedule

Please call us or check the town web

for updates at www.mansfieldcc.com

*****GYM RESERVED*****

8/6 Free Mansfield Day 4:30-7:30P

8/6 Birthday Party Gym Slide 3:30-5:30P

8/13 Family Fun Night 4:30-7:30P

8/15-8/21 Shut Down Week